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comprising the steps of

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- a) crushing the olives through a sieve;
- b) malaxation of the olives obtained in step a);
- c) decanting the olive oil; wherein in step a) water is added in an amount of 1 to 40 % by weight, based on the weight of the olives.
- 2. A method according to claim 1, wherein the olives are crushed through a sieve having a mesh of 1 to 6 mm.
- 3. A method according to claim 1, wherein the olives are crushed through a sieve having a mesh of 1 to 4 mm.
- 4. A method according to claim 1, wherein the decanting step is carried out such that the resulting olive oil has a residual water content of less than 3 wt.%.
- 5. A method according to claim 1, wherein the decanting step is carried out such that the resulting olive oil has a residual water content of 0.5 to 1 wt.%.
- 6. A method according to claim 1, which further includes removing at least part of the olive particles remaining in the olive oil.
- 7. A method according to claim 1, wherein olives having a ripeness index of 0 to 4 are processed and wherein water is added in an amount of 13 to 28 % by weight.





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- 8. A method according to claim 1, wherein olives having a ripeness index of more than 4 are processed and wherein water is added in an amount of 1 to 12 % by weight.
- 9. A method according to claim 1, wherein the water added in step a) contains citric acid.
- 10. A method according to claim 1, wherein the water added in step a) contains 0.5 to 7 % by weight of citric acid, based on the weight of the water.
- 11. A method according to claim 9, wherein lemon juice is used as the source of the citric acid.
- 12. An olive oil obtained with the method of claim 7, having a polyphenols content higher than 500 ppm and a solids content after decanting of at least 0.05 wt.%.
- 13. An olive oil obtained with the method of claim 7, having a polyphenols content higher than 1000 ppm and a solids content after decanting of at least 0.05 wt.%.
- 14. An olive oil obtained with the method of claim 8, having a polyphenols content higher than 300 ppm and a solids content after decanting of at least 0.05 wt.%.
- 15. An olive oil obtained with the method of claim 8, having a polyphenols content higher than 400 ppm and a solids content after decanting of at least 0.05 wt.%.

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- 16. An olive oil according to claim 12 or 13 and having a solids content of at most 5 wt.%.
 - 17. An olive oil according to claim 14 or 15 and having a solids content of at most 5 wt.%.
 - 18. An olive oil according to claim 16 or 17 containing olive particles having a particle size smaller than 50 μm .
 - 19. An olive oil according to claim 16 or 17 containing olive particles having a particle size smaller than 20 μm .
 - 20. An olive oil according to claim 16 or 17 containing olive particles having a particle size smaller than 5 μm .
 - 21. A food product containing an olive oil according to claim
 13 or 15.
- 22. A food product according to claim 21, which is a vegetable oil, preferably an extra virgin olive oil.
 - 23. A food product according to claim 21, which is a spread, mayonnaise, salad dressing or tomato sauce.

24. A method for preparing an olive paste, comprising the steps of

- a) crushing olives through a sieve, wherein water is added in an amount of 1 to 40 % by weight based on the weight of the olives;
- b) malaxation of the olives;
- c) separating olive kernel particles from the paste.

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- 25. A method for preparing an olive paste, comprising the steps of
- a) crushing olives through a sieve, wherein water is added in an amount of 12 to 28 % by weight, based on the weight of the olives;
- b) malaxation of the olives;
- c) separating olive kernel particles from the paste.
- 26. An olive paste obtained by the process of claim 24.
- 27. A food product containing an olive paste according to claim 26.

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